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Vol. 3, Number 34 | R.R. 2, MINDEN, ONTARIO K0M 2K0 | Telephone: (705) 489-2036 | Wednesday, August 29, 1979

140 Ontario Lakes damaged by Acid Rain M of E reports

Although the media is devoting more attention to the problem, its still easy for some people to shrug off what they hear about acid rain, with the excuse that its too fantastic to be true.

For example, suppose you were told that copper plumbing is particularly susceptible to the dissolving effects of acidic water and, that in the Adirondack region of New York State where acid rain is a problem, drinking water that stood in copper pipes overnight was found to be acutely toxic to humans.

It seems too impossible and unsettling to be true However, it is. This finding was contained in testimony to the Ontaro Legislature's Standing Resources Development Committee. A full report of the committee's findings based on 18 sittings was tabled in the legislature this June and it provides probably the most thorough and revealing treatment of the topic as it relates to Ontario.

The 18 member committee heard testimony from the minister and staff of the Ontario Ministry of the Environment, scientific experts from the federal government and Ontario universities, representatives of public interest groups, and executives of the International Nickel Company.

The fundamental finding contained in the report is that acidic precipitation is a very serious and urgent problem for the province. It has already caused severe, probably irreversible ecological damage to 140 Ontario lakes and if unchecked, can be expected to result in the acidification of over 48,000 more lakes within the next two decades.

The extent of the problem was found to reach far beyond the damage done to the lakes. Continued exposure to acid rain will also cause widespread damage to soils and forests within the next 25 to 100 years. Buildings and other structures can corrode and human health may be confronted by significant indirect threats.

The root of the problem of acid rain, according to the report, is atmospheric contamination by sulphur and nitrogen oxides. The oxides combine with moisture in the air to form dilute sulphuric and nitric acids. The major sources of sulphur oxides are metal smelters and coal-burning thermal-electric power stations. Nitrogen oxides are produced during high temperature combustion of fossil fuels.

Normal precipitation is slightly acid. This has been the case for several thousand years and the world's ecosystems have evolved to live with it. In the past few decades, however, the acidity of rains in parts of Europe and northeastern North America has been found to be much more acidic.

Acidity is determined by the concentration of hydrogen ions. It is measured on the pH scale, which runs from 0 to 14. Solutions with a pH of seven are neutral; those with a pH of less than seven are acidic. Because it is an inverse log scale a one unit decrease in pH means a ten-fold increase in acidity. For example, a solution with a pH of four is ten times as acidic as a solution with a pH of five.

Slightly acidic normal precipitation has a pH of about 5.6. Very heavily acidified precipitation, a pH of three or less, is 400 times more acidic than normal rain. The mean pH of Haliburton-Muskoka is between 3.95 and 4.38 although recordings of pH levels as low as 2.97 have been measured.

Collecting rain

One of the many devices used by the Ontario Ministry of the Environment at its Dorset Mobile Laboratory is this event precipitation collector. The device, being demonstrated by biologist Ron Reid of Carnarvon, has a lid that covers a collector until rain begins to fall. A special sensor on the device detects the precipitation and raises the lid to the position shown in the photo and the rain is collected in the jar displayed.

Muskoka is particularly susceptible to environmental damage from acid precipitation. Unlike most of southern Ontario, which rests on a limestone bedrock or deep soil and gravel overburden, Muskoka is situated on the Canadian Shield. The limestone or soil and gravel found throughout southern Ontario are able to neutralize or buffer the acids falling on them. Muskoka, by comparison, is in an area with an insoluble precambrian bedrock and usually thin soil cover that has little buffering capacity and, as a consequence, is extremely susceptible to acid damage.

Based on its detailed findings, the committee made numerous recommendations. It concluded, the extreme severity of the problem made it necessary for the Ministry of the Environment to give acid rain a very high priority in order to deal with it.

The committee urged that a federal-provincial agreement be developed as soon as possible on the joint action required of all Canadian governments to deal with the acid rain problems.

As a demonstration of its seriousness about the problem and of its commitment to an international agreement on air quality, the committee recommended that the Ontario government take an active role in reducing emissions within the borders of the province. In particular, the committee recommended that all existing coal-fired generating stations in Ontario by made to comply with the point source removal of sulphur dioxide based on the best available technology, and that this be done as soon as possible. As well, all new coal-fired generating plants should be equipped with the best available technology before being allowed to start operating.

Remedial measures, such as putting lime in the lakes to maintain their alikalinity were regarded by the committee as steps for short term improvement meant only to buy time. In this context, the committee urged the Ministry of the Environment to accede o a request from the Federation of Ontario Cottagers Association for information on the condition and susceptibility of cottage lakes and recommended that the ministry develop a program of technical assistance to groups of cottagers who wish to participate in a program of liming lakes threatened by acidification.

OPP investigate chain letter

The Minden Detachment of the OPP and the Anti-Gambling Squad are conducting an investigation into a chain letter circulating in the province. The purchaser of one of these letters is led to believe that by investing $100 he or she can reap a return of $204,000.

This scheme is unlawful and any person with knowledge of the letter or participating in it, is requested to contact their nearest OPP Detachment.

More than $23,000 in damages, 2 injured and 3 charged

MINDEN — OPP where kept very busy this past week, as they investigated 11 reportable and two non-reportable motor vehicle collisions and 96 general occurances.

The most serious motor vehicle mishap occurred at the Haliburton County Roads Dept., where Mr. Russell Jones of Peterborough received minor injuries in an explosion of an acetylene tank in the back of his semi-trailer truck. Some $12,000 in damage was done to the trailer.

Driver charged with left of centre violation

On Friday afternoon a two car collision occurred on Hwy. 519 in Guilford Twp., with one driver being charged and more than $3800 damages. Wayne A. Moorhouse 30, of Brampton was northbound on a curve to his left when he met a southbound car driven by Donald G. Young 18, of Agincourt, on the left hand side of the road. Young has been charged with driving left of the centre line. Moorhouse's vehicle suffered $2000 in damage while Young's car received $1800. PC Bill Clendenning.

Willowdale teenager is charged

Early Saturday evening a 17 year old Willowdale man was charged with careless driving and no drivers license, following a single car collision on the Donald Rd in Dysart Twp.

Robert B. Thacker was westbound on a downhill curve, lost control of his car and skidded over the eastbound lane striking trees in the south ditch. Damage, $1000. PC Boyd Jarvis.

Car rolls over, driver charged

Glen R. Nangle 18, of Dorset has been charged by police with careless driving following a single car collision on Hwy. 35 in Stanhope Township on Saturday morning. Nangle was northbound on 35, rounding a curve to the left, lost control fishtailing over the road, crossed the east shoulder into the ditch rolling over and coming to rest upright facing north. Damage, $900. PC Boyd Jarvis.

Shoulder collapses under car

George Flaherty 26, of Sudbury was southbound on the Old Ingoldsby Road in Minden Twp. last Fri. morning around 3:30 am, when he steered too far left and the gravel shoulder collapsed pulling his car to the left scraping the side along some trees. Damage, $1300. PC Gary Chapman.

Minden man suffers minor injury

David Lynas 49, of Minden suffered minor injuries last Wednesday evening when his 1968 truck hit a rockface on the Bobcaygeon Road. Lynas was northbound coming around a corner, met another vehicle which was southbound, pulled to the right to allow vehicle to pass. When Lynas attempted to pull back onto the road, he lost control and hit a rockface. Damage $1,000. PC Al Barnes.

Peterboro man injured

STANHOPE — Last Wednesday morning at about 6:55 am at the Stanhope Township gravel pit, a Peterborough man suffered minor injuries when a cannister of acetylene exploded in the back of a 1963 semi-trailer truck.

Russell R. Jones 38, was reversing into the gravel pit when the vehicle backed over a bump, causing the cannister to fall over and explode in the trailer.

Damage has been estimated at $12,000 to the trailer. Investigation into the mishap was conducted by PC Mike Smith.

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ENTERTAINMENT

THE INs AND OUTs of shopping for school, again

The imminent school bell strikes a chord of fear and despair in the hearts . . . of parents. That's right. Sending a kid to school is a very expensive proposition especially if he or she wants to be among the cool and with in set. The more school-age children you have the more expensive it is.

The number one expense is clothing. No last June's jeans won't do it and that fishing trip through the swamp in July took care of the track shoes. Some hair has to go and the only thing they give your kids in school anymore on the first day is a list of things YOU have to give them.

Let's start with clothes. For yet another year, the standard gear is denim pants. Now, because of the value of well-worn jeans, yearly replacement may not be necessary. They're like fine wine, they acquire more character with age. But if parts of your character begin to see the light of day through your jeans, its time for a new pair. The best bet is buying pre-washed. This avoids the dreaded cardboard pant leg syndrome, responsible for more first day disasters than bad haircuts. You can pick up a pair for fifteen bucks, if you don't miss the fancy stitching or a microscopic "Levis" label.

Levis, Carhart, Bell and GWG shirts are still the most popular among students, while T-shirts will once again test the mettle of morality-conscious educators this fall.

Girls, of course, are more expensive to outfit. With more and more of them going for the unisex look, parents everywhere are heaving a sign of relief.

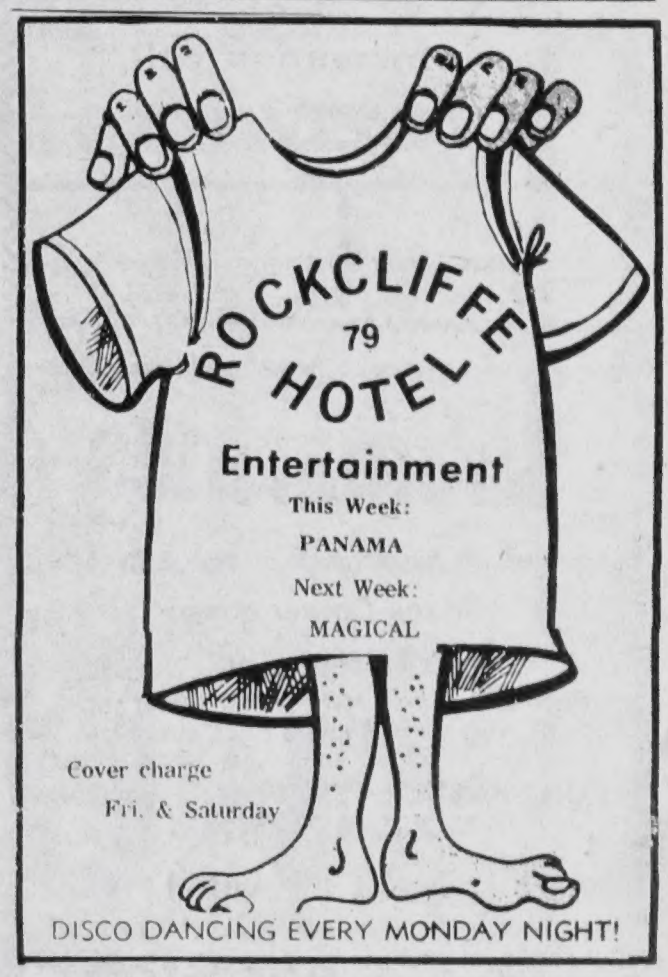
Footware is the most heart-breaking expense on the list. Track shoe manufacturers keep coming up with shoes that look like tanks, but within 5 months they're ready for the garbage. The best bet here is to buy a shoe with extra thick soles — then break your kids legs. That should keep him until the New Year.

Beyond clothes, there are assorted items to buy. Lunch boxes, for instance. Yes, after a decade of brown paper bag dominance, the plastic or metal containers are making a comeback. The daring can buy one with Lindsay Wagner or Superman on the outside — the conservative may settle for plain. For $4.50 you can buy one.

Paper is another expense. The trick here is to buy the largest package possible. The idea being, the more you buy, the more you save. Invest in Canada's future — buy lots of ruled paper.

Pens are a misunderstood item. For one thing, no one ever buys one. I managed to get through high school without ever buying one. Through a process of losing, finding and petty theft, pens change hands rapidly. For the unadventurous you can buy a package of Bic for $1.39. For the possessive, a chained bank pen with chain and 1 pound weight costs $5.50.

There are other expenses, but I think I've depressed you enough for now. Have a happy fall . . . from financial security.



Ask Alma

Dear Alma:

Almost everyone on my block has a pet of some kind. One of my neighbors persists in walking her dog along the curb instead of in her backyard. This animal leaves daily deposits on my trees, bushes and the edge of my lawn. I don't have to tell you how I feel about that, I guess. I hesitate to complain to the neighbor because I don't like fights and the whole street splits up and takes sides every time there is an argument.

Have you any idea how I could let her know how I feel and stay anonymous? — Nameless

Dear Nameless:

Sure. Get a pooper-scooper or an old spoon. Put the offending matter in a box and tie it up with a pretty ribbon. Attach a card that says, "I believe this belongs to you." And deposit it on the inconsiderate neighbor's front door step. If that doesn't bring results you might have to risk a face-to-face confrontation with her. Who on your street would side with an improper-plopper anyway?

Even though he has 20-20 vision, an egotist is in need of "I" treatment.

(c) 1979 Suburban Features

Accounting department is a hive of activity these days. Programmers are working their heads off doping the punch-out for next yuletime's computer-typed decorations.

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Haliburton Kinsmen raffle 1979 Monte Carlo

HALIBURTON — Each year the Kinsmen Club in the village, raffle off a new car in hopes of raising money for the many community projects the club is involved with. This year is no exception, and the limited number of tickets are going fast. Above, Bob Nichol Jr. sells a ticket on the 1979 Monte Carlo to a happy fair-goer. The draw will be made at the "Monte Carlo Dance," Saturday

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Moose hunting season same as last year, few exceptions

The 1979 moose seasons will open on the same dates as 1978 except that there will be no moose hunting season of the French and Mattawa rivers, and the season north of Cochrane will open five days later, on September 27, for both residents and non-residents.

In much of the far north (Albany River area), where access is limited and hunting pressure is low, seasons will open between September 15 and September 27 for residents and between September 15 and October 4 for non-residents. Seasons close in these areas on December 15 and November 15 for residents and non-residents respectively.

The season in northwestern and north central Ontario will be from October 11 to December 15 for residents and from October 18 to November 15 for non-residents. Exceptions include an October 4 resident opening and an October 11 non-resident opening in the Red Lake area, and an October 11 to November 30 resident season and October 18 to November 15 non-resident season in the area north of Geraldton.

The eastern part of the Patricia District of Rainy River where only residents may hunt, will open October 11 and close December 15.

In the northeast, the area between White River and Hearst will have an October 11 to November 15 resident season and an October 18 to November 15 non-resident season. The Hearst-Kapuskasing-Cochrane-Timmins area will have an open season from October 18 to November 15, while the Kirkland Lake-Gogama-Chapleau area season will run from October 18 to October 31. The Temagami area will be open from October 11 to October 31 for both residents and non-residents.

The season for the Sault Ste. Marie-Blind River-Elliot Lake area will be open from October 11 to October 31 for residents and from October 18 to October 31 for non-residents.

The Espanola - Sudbury-North Bay area will be open from October 11 to October 24 with a resident-only season north of North Bay.

The special archery hunting seasons will again be held this year. The area northeast of Elliot Lake will be open from September 17 to October 1 for residents and non-residents. The areas south of Timmins and between Kapuskasing and Hearst will have an archery season from September 20 to October 10 for residents and non-residents.

The primitive-weapons (longbow, crossbow and muzzle-loading weapons) season on the Aulneau Peninsula in Lake of the Woods will be held from October 4 through December 15

In the News

FORMER Time, Inc., executive Hedley Donovan is one of President Jimmy Carter's new "in" senior staff members. He was the first major White House addition following Carter's housecleaning of the Cabinet.

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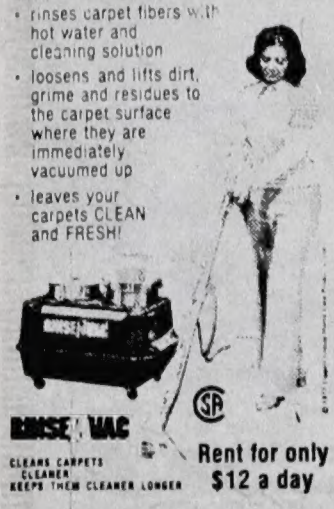

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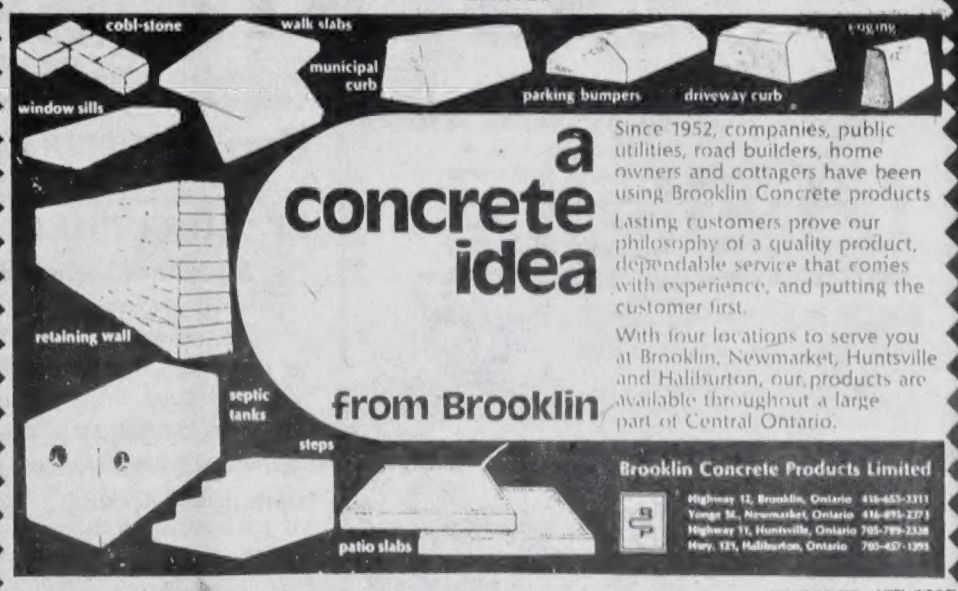

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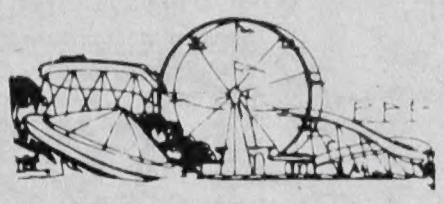
KINMOUNT FAIR



THE FAIR WITH THE FORWARD LOOK

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PARADE 12:30 p.m.
AMATEUR PROGRAM 2:00 p.m.
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Heavy Class 4:30 p.m.
SATURDAY EVENING DANCE 9 p.m.

PARADE
Saturday, 12:30 p.m.

SPECIAL WARRIORS' DAY PARADE 12:30 p.m.
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ATTRACTIONS — ENTERTAINMENT
FRIDAY - CHILDREN'S SPORTS 6:30 p.m.
STEAM SAWMILL IN OPERATION
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SUNDAY

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EXHIBIT HALL OPENS
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CAR DEMOLITION DERBY 2:00 p.m.
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AMATEUR SHOW 3:00 p.m.
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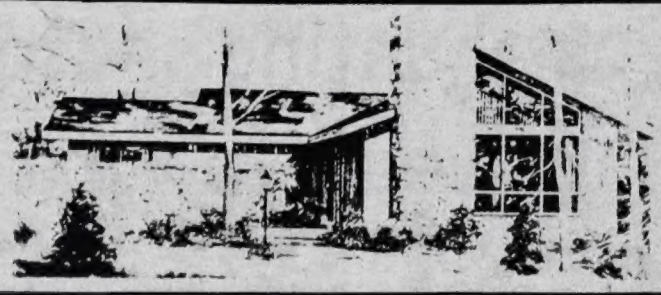

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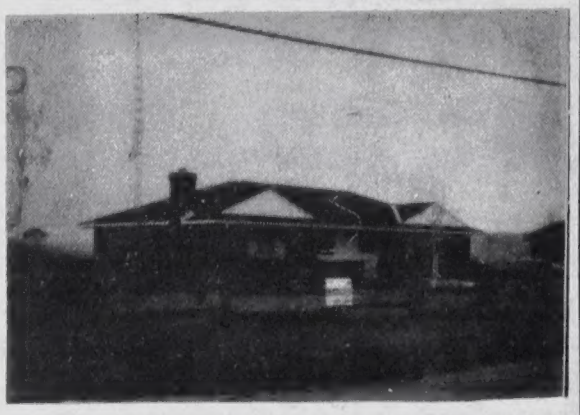

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Does Bancroft need a new uranium mine, meeting Sept. 1

A public meeting and panel discussion has been organized to explore the questions of the dangers of uranium mining and the connection uranium has to the whole nuclear power industry. The meeting was planned by the North Hastings Citizens for Nuclear Responsibility in reaction to the announcement that Rare Earths Inc. are planning on opening a new mine in the area.

A representative of the United Steelworkers of America union will speak about the occupational hazards of uranium mining. Paul McKay of the Ontario Public Interest Research Group will present a slide-tape show that illustrates the effects that extensive uranium mining had on the environment of Elliott Lake. A videotape of Dr. Helen Caldicott speaking about nuclear power will also be shown. Other speakers have not yet been confirmed.

The organizers of this event say that the possibility of a new mine is an issue that affects everyone in Bancroft and they hope for a large turnout. The Labour Day weekend was chosen so that cottagers would have a chance to attend. It will be held at 6 pm in St. John's Parish Hall on Sat., Sept. 1.

100 Jr. Farmers take leadership training at Bark Lake camp

Some young people from rural Ontario will never be the same after a week in the Haliburton Highlands this September. 100 members of the Junior Farmers Association of Ontario will attend a provincial leadership camp here September 2-9.

The purpose of the gathering is to develop the leadership skills of rural youth, says Rob Stork, Supervisor of Youth Extension, Ontario Ministry of Agriculture and Food.

"Those selected to attend have demonstrated above average leadership and competitive qualities in local Jr. Farmers clubs, says Mr. Stork. The provincial camps will develop these qualities further."

Delegates will participate in discussion groups, sports, public speaking and recreational activities.

They will come from across Ontario, each county or district sending one or two delegates to the Bark Lake camp. The association is for rural youth 18 to 30 and has more than 8,000 members.

For information about joining the club in your area, contact Youth Extension, OMA & F. Legislative Buildings, Toronto M7A 1B2.

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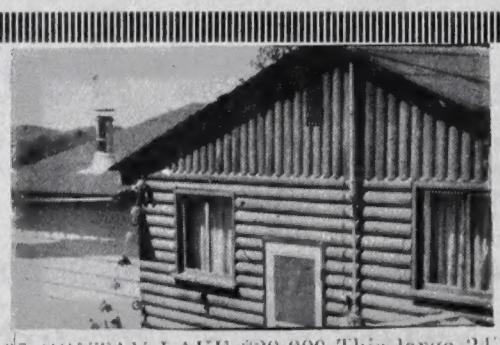
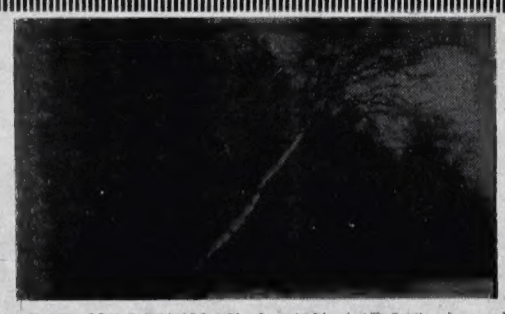


#185 CONTAU LAKE $29,000 This large 24'x 30' cottage on over an acre with 160' lakeshore is accessible year round. The cottage has inside toilet and basin. The nicely treed lot faces south for all day sun. There are hundreds of sq. miles of Crown land for snow machines and cross-country skiing.



#3 BIG HORSESHOE LAKE $27,500. Lovely flat, treed lakeshore lots all yr. access with the sun all day. Boat through Little Horseshoe and Mountain Lakes for bass and trout. A short walk to Blairhampton Golf Course. The best lots left in Haliburton. Terms available.

#69 SPAR LAKE $7,900 or offer. Two lots available #25 & 26 on the plan. These are high picturesque lots on a beautiful lake and are excellent value with 90' and 100' frontages — dirt cheap for lakeshore.

TORONTO OFFICE:
55 Maitland Street,
Suite 202
Phone (416) 924-0426

MINDEN OFFICE:
Main Street, Minden
between K&W Restaurant
and the Dominion Hotel.

#121 KINMOUNT HOME $28,500. A lovely modern two bedroom home on end of dead end residential street. Short walk to town. Modern kitchen, elec. heat, rugs, full walkout basement. This is ex. value in this pleasant rural village where pickerel and musky are plentiful in the Burnt River.

#36 THREE SPRING FED TROUT PONDS AND 100 ACRES $99,000 with excellent terms. This is one of the best in Ontario for trout ponds and hatchery if one wants to establish the latter. It has been assessed by the M.N.R. as one of the best. The spring water and drilled wells make it ideal. The area surrounding the ponds has been manicured & landscaped. The remainder of the 100 acres is excellent for recreation-nature trails, skiing, hunting and snowshoeing. This is also an ex. site for a tent trailer park. You have to see it to believe it!

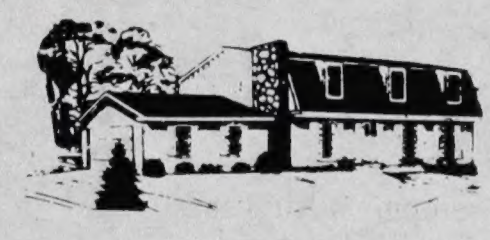
#33 BIG BOB LAKE $28,000. A lovely flat point on the East Shore that gets the sun all day with a natural sand beach with 600' of shoreline and a width of over 300' across with a road in and hydro available. Big Bob Lake is well known for its bass and trout. This point is THE spot on the lake. Reduced 10% for cash

1979 Buyers' Guide

NEWELL & McINERNEY Ltd.,
Realtor
For Haliburton, Victoria, Peterborough

Tor. 924-0426 or 705-286-1551 Minden,

#178 BLACK LAKE $35,000. A delightful cottage in a very private setting with 215' of lakeshore and park-like property. The large combination living and dining room boasts rugs, a stone fireplace, walk-out private deck, a large screened porch 2 huge bedrooms, hot and cold water, toilet, basin, shower, large floating dock, with ex. 10 h.p. motor and boat. This cottage is in excellent condition, tastefully decorated and a joy to be in.



REAL ESTATE

VISION, a pre-school checkup?

Many children are visually handicapped for adequate school achievement, according to the President of the Ontario Association of Optometrists.

"Numerous requirements are necessary to provide efficient vision and these must be considered in a complete vision analysis — especially for the school chld" said president, Dr. R. Newhouse.

The most basic needs for adequate vision are near vision, distant vision, binocular co-ordination and adequate field of vision.

Near vsion means the ability to focus and see clearly and comfortably with both eyes and each eye separately at a distance of about 15 feet. This is the distance at which most school work is done. Distant vision refers to the same ability as needed for near vision but for a distanct of 20 feet or more. This is necessary to see the chalkboard, to enjoy motion pictures and TV and to engage in sports.

Binocular co-ordination refers to the ability to make the two eyes work together. This is necessary for art work, handicrafts and play actitivies as well as to read efficiently.

Adequate field of vision refers to the ability to see to both sides and up and down while focusing on a small target. This saves unnecessary eye and head movements and are essential for participation in sports and personal safety.

Eighty per cent of school work depends on vision. Knowing this, it is easy to understand why good vision is so important to achievement in school. "Will your children be achieving as they should," asked Dr. Newhouse. Make sure that your child's eyes are examined annually.

Golden Helmets to perform in Bancroft this October

The Ontario Provincial Police motorcycle team, the Golden Helmets, will be starting their 1979 fall tour with performances at the Spencerville Fall Fair on Sept. 7th.

The Golden Helmets team was formed in 1963 and has 18 members including its own commentator. During the 1979 tour, the precision team will appear at 12 events across southern Ontario.

Motorcycles used in the precision ride are powerful 1200cc, 950 lb. Harley-Davidson police specials. They are equipped with two-way radios, sirens, flashing and revolving red lights and first aid kits. They are the same machines used by these officers on traffic control.

The precision performance is just that. It should not be construed as trick or stunt riding. Each 30 minute performance is based on numerous intricate manuvers, split-second timing and highly developed riding skill.

The Golden Helmets will appear in Bancroft on October 15 for an afternoon performance.

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REALTOR

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MINDEN LAKE — A neat 2 bedroom cottage with 2 pc. bath, partially furnished, 90 ft. of safe sandy shoreline, located just five minutes from Minden. Priced for fast sale at $23,900.00.

HANDYMAN'S SPECIAL — 2 bedroom cottage with boat house on Canning Lake. Good terms, make an offer.

BOBCAYGEON ROAD — Recently renovated 2 bedroom home, 4 pc. bath, kitchen, livingroom combination. An ideal starter home, reduced to $21,900.00.

CANNING LAKE — Year round access to this well maintained cottage and guest cabin. Comes with 200' frontage (has been severed into 2 — 100' lots). Attractive stone fireplace, permanent dock and all furnishings, plus host of extras. Asking $49,500.00.

BEECH LAKE — One lot remaining with over 200' of safe frontage. Small streams run through the lot which has year round access in an attractive residential/cottage area. Priced at $19,900.

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Dean Elliott 286-1270

EVENINGS 286-2558

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MOORE FALLS
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HALLS LAKE — HIGHWAY 35
2 Bdrm. bungalow. Fireplace, large kitchen, utility room. Major appliances included. Attached garage. $38,500.00.
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WE BRING PEOPLE HOME The Gallery OF HOMES

The Alcohol and Drug Education Centre and the Metcalf Clinic. Two important new developments in health care for Eastern Ontario.

With the official opening, on August 20, of the Alcohol and Drug Education Centre and the Metcalf Clinic, Kingston Psychiatric Hospital will offer Eastern Ontario residents more comprehensive health care.

The Alcohol and Drug Education Centre will offer both day care and out-patient services seven days a week to help alcohol and drug abusers and their families. Employers will also be able to participate in specific programs on alcoholism and misuse of drugs.

The Metcalf Clinic is a community-oriented facility for people in need of psychiatric services who might previously have had to be hospitalized to obtain treatment. The Clinic also offers consultative and assessment advice to a variety of social and health agencies, as well as to the courts.

The Ontario Ministry of Health is pleased to have helped in the development of these important new facilities. Kingston Psychiatric Hospital will now be able to make available a wider range of health care services to the communities it serves.

Dennis R. Timbrell
Minister

Ontario
Ministry of
Health

Sports Page

by CLIFF BURKE

Express Open filling up fast

MINDEN — Entries for the 4th annual Highlands Express Open 18 hole golf tournament and buffet dinner at Pinestone Inn and Country Club are filling up fast. So if you want in on this premier golf tourney set for Sunday, Sept. 16 you better act now.

This year's tournament commences at 10 am and will feature some of the finest golfers in Haliburton County taking part. Like two-time winner Kenny Rosenberg, winner in the inaugural of 1976 and again in '78. Hugh Nichol, winner in 1977 and record holder is also entered and will play in the same group as Kenny. Two Minden fellows who have been playing excellent golf of late, Kirk Hewitt and Leigh Bull, will join these two former champs in the same foursome starting at 11 am.

The entry fee is $22 and includes 18 holes of golf, a delicious buffet dinner and over $300 in prizes. Interested golfers contact Cliff Burke at 286-1318.

Golfers and tee-off times to date are as follows:

10:00 am Kim Hewitt, Dean Hewitt, Keith McIntosh, Nelson Johnson
10:10 am John Lawson, Dave Dollo, Wayne Johnson, Dave Hicks
10:20 am Murray Fearrey, Jim Scheffee, John Wilson, Ken Wilson
10:30 am Jerry Pillsworth, John O'Toole, Bob Austin, Alf Wickens
10:40 am J O Jackson, Earl Ross, Al Mayo, Don Blakey
10:50 am Dave Stevens, John Welsh, Al Trepanier, Jack Snell
11:00 am Ken Rosenberg, Hugh Nichol, Kirk Hewitt, Leigh Bull
11:10 am Scotty LaRue, Art Dawson, Bob Nichol, Jr.
11:20 am Cliff Burke, Royce Miller, Dave Hartwick, Rick Hartwick
11:30 am Bob Woodcock, Bev Billings, Dick Davies, Bob Nichol Sr.
11:40 am Keith Stephenson, Syd Cooper, Bob Colliver
11:50 am Al Arbuthnot, Jake Yateman, Eric Edwards
12:00 am Ray Goulet, Mike Vuksic, John Hobbs

Milton captures 2nd annual CNE Pins Over Average tourn.

TORONTO — The final results of the CNE, 2nd annual Pins Over Average championships are now in, and Bill's Raiders from Milton, Ont. have been declared winners with a whopping 200 pins over their total team average. For winning, each team member received a AM-FM Multiplex Stereo Tape Recorder.

In second spot, and winning Emmerson Tape Recorders were the 'Bull Shooter's' from Brampton with a plus of 193. Third place went to the 'Nuclear Subs' from Hastings with a plus of 189 and each team member received a 6 piece set of cookware.

The Haliburton County area was represented by a team from the Carnarvon Lanes, men's commercial league, Peterborough Lumber. The Lumbermen didnt get into the top ten prize list but all had a great time at the championships finishing 26th out of 39.

The top ten finishers follow:

1.	Milton, Bill's Raiders	plus 200
2.	Brampton, Bull Shooters	193
3.	Hastings, Nuclear Subs	189
4.	Barrie, French Lilacs	153
5.	Ridgetown, Pussy Willows	148
6.	Mississauga, Unpredictables	134
7.	Streetsville, Strikers	125
8.	Sudbury, Maritimers	121
9.	Streetsville, Ding a Lings	98
10.	Brampton, The Strikers	88
26.	Carnarvon, Peterboro Lumber	—163

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If you enroll for the fall term you will be able to surprise your family this Christmas.

The Fall term will be starting the week of SEPTEMBER 10th, 1979.

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Weekend claims lives

In 1978, there were 57 traffic fatalities recorded during the 78 hour Labour Day Weekend. This year, the Canada Safety Council fears the figure will rise to somewhere between [illegible] and 61. The weekend begins 6 p.m. Friday, August 31 and ends midnight, September 3.

Worst Labour Day weekend ever, for traffic fatalities, was the year 1966, when there were 102 deaths.

This year, the Canada Safety Council has noted a distressing upward trend in the statistics—a trend that has not yet been explained. More Canadians are expected to do their travelling at home this year, and there may be a larger than usual influx of American visitors due to gasoline shortages reported in the U.S.A. It all adds up to an expectation of more than usually congested roads with an abundance of drivers unfamiliar with their immediate surroundings.

In an effort to minimize the traffic toll, the Canada Safety Council is asking all drivers to pay special attention to correct over-taking procedure in view of the increased risk of meeting someone coming the other way on undivided highways. In fact, a driver might ask the question, "Do I really need to pass?"

When passing, check traffic ahead and behind; signal intentions; move to passing [illegible] accelerate; alert the driver being passed; signal again and move to right lane when well clear; resume normal speed. Care is essential, because passing at the wrong time can lead to head-on crashes. And they are often the most damaging.

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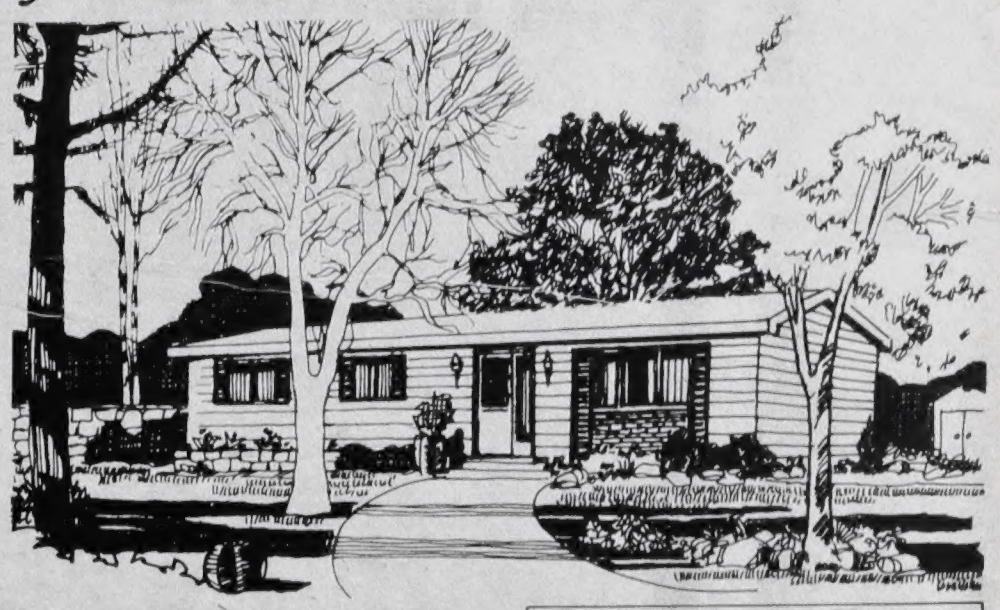

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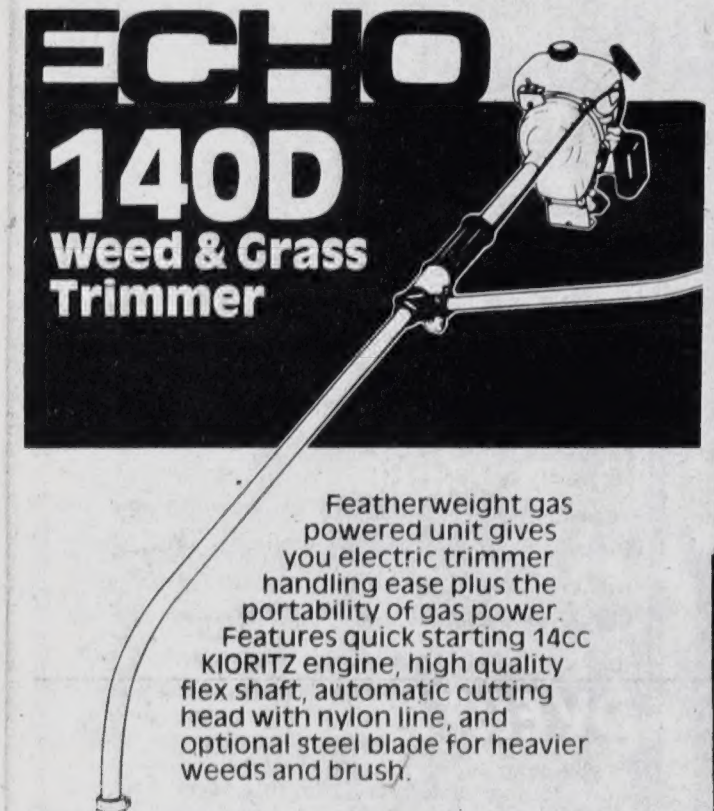

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AHM Council met Wednesday

The 23rd meeting of the council for Anson, Hindon and Minden took place at the municipal building last Wednesday with reeve S. G. Nesbitt, deputy-reeve D. Pritchard, councillors S. Brandon, L. McKnight and L. Lonsberry. Also in attendance were road superintendent Earl Kent and Clerk-Treasurer Elinor Burke.

SURVEY COSTS on Old Ingoldsby Road: Mr. V. Loucks and Mr. A. Cooper attended council regarding surveying the Old Ingoldsby Road.

Brandon and Lonsberry: Be it resolved that the municipality agrees to absorb the costs of a survey to establish the 66 foot road allowance on the Old Ingoldsby Road crossing, lot 16, con. 3, and lot 16, 17, 18, con. 2, Minden Township subject to the proper agreements being obtained between the township and the affected land owners. Carried.

TENDER ½ TON TRUCK: 2 tenders were received for a 1980 model and one tender for a 1979 model and a letter re: a 1979 model;

McKnight and Pritchard: Be it resolved that we accept the tender of Curry Motors for the supply of one 1980 ½ ton truck in the amount of $7,336.92 subject to the approval of the MTC. Delivery date shall be not later than Oct. 3, 1979. Carried.

ATTEND OGRA School in Huntsville: Be it resolved that Earl Kent be authorized to attend the 1979 Huntsville Road School on Oct. 23-24 and the registration fee of $25 be remitted to the association. Car.

CONTRACTORS TO NOTIFY SEWER PLANT OPERATOR BEFORE DIGGING: Pritchard, Brandon.

Be it resolved that the local contractors presently involved in making sewer connections in the village be instructed to contact the operator of the sewer treatment plant, before commencing any excavation on the property, to be there at the site to properly locate the connection.

New Horizons grant brings lawn bowling club to Minden

MINDEN — Thanks to a very generous New Horizon's grant, Minden now has a very prosperous lawn Bowling club. Situated in the curling club building the official opening took place last week with more than 30 people attending. Reeve Sinc Nesbitt performed the official opening by throwing the first ball.

Cy Heal, spokesman for the club, expressed his delight at seeing so many turn out for the opening. He felt the future of the club was bright in the community and hinted that a second indoor green may be purchased in the very near future.

Usually a sport that takes place outside, Mr. Heal said that with this indoor facility, the carpet offers the club a surface just as good as that outdoors, plus eliminates many of the problems such as weather, insects and lighting.

Anyone interesting in joing the club may do so by contacting Cy Heal there at 2 or 7 pm. Membership fee for the balance of the season is $7.50.

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THE ANNUAL MUNICIPAL ENUMERATION STARTS NEXT WEEK

The annual municipal enumeration will begin on Tuesday, September 4, 1979. During this month, an enumerator, *carrying a proper identification card*, will call at your residence for a few minutes to check basic information required in determining:

- the allocation of education property taxes between the public and separate school systems;
- the distribution of provincial grants to local governments to help reduce local tax bills;
- the preparation of jurors' lists; and
- population information needed for other municipal programs.

The enumerator must record such information as the name, age, property status (e.g. owner or tenant), school support and residency of all members of the household.

When the enumerator visits, please check that the information on the Enumeration Notice is correct. If it is not, revise it and verify the changes.

If you are not home, a Notice will be left for you. If changes are necessary, please make them and mail the Enumeration Notice, as soon as possible, in the self addressed postage prepaid envelope accompanying the Notice. For any additional information, please contact the local assessment office.

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6th Choice of any Lamp up to $40.00 Reg. Value
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8th Rattan Coffee Table - Value $29.98
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10th Dress Package - Your Choice - Any Pattern
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4. Wanda Davis
5. Irene Moxam
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8. Helen Scherbluk
9. Marion Gartshore
10. Patti Lou Vasey

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DO IT NOW

Official opening of Pinestone Inn's new facility

HALIBURTON — Pinestone Inn held the official opening two weeks ago for their expanded dining room and lounge facilities, plus an all new outdoor swimming pool. Expansion at the Inn, which had been underway since the fall of 1978, was just recently completed.

Advertising... points the way to better buys.

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Boy's & Girls Back to School items!

Mainstream Canada

The Banking "Miracle"

By W. Roger Worth

Like Saul on the road to Damascus, Canada's bankers have suddenly seen the light, producing what must be considered a near miracle, if not the real thing.

For years, banker after senior Canadian banker has arrived in Ottawa ready to explain to government committees and agencies why it was impossible, really impossible, to pay savings account interest on a daily basis.

Canada's credit union and American banks had been doing just that, but the bankers swore it was impossible to follow suit.

Briefs from the prestigious and powerful Canadian Bankers Association – which represents the tightly-knit banking community – claimed updating their accounting systems to facilitate the change would simply be too costly and complicated.

A month ago, though, Bank of Montreal changed its tune, offering the impossible by paying daily interest to customers rather than on a minimum monthly balance. Other banks quickly hopped on the bandwagon.

Suddenly, at the stroke of a pen, all the expensive briefs and backup material outlining the banks' position were relegated to the nearest waste basket.

It isn't the first time the banks have been caught changing horses in mid-stream.

For years, bankers argued strongly that interest rates on term loans (most consumer loans) had to be similar for all banks because the cost of money was the same.

Then, little more than two years ago, after the trust companies invaded the banks' territory with lower term rates, the bankers produced another minor miracle. After more than 10 years of standard term-loan rates, the banks started to compete for the business, even to the point of offering prizes and other inducements.

What's important to note is that in both instances the bankers were able to achieve overnight what they had previously claimed impossible.

Canadians can now shop from bank to bank for lower lending rates, and daily interest on savings accounts gives consumers a fairer break.

Now the banks should take a closer look at their relationships with business customers, particularly the smaller firms that have complained for years that they have been treated shabbily.

If Canada's bankers can produce two miracles in a couple of years, they should be able to churn out at least one more now that the consumer has proved the banks can be forced to change.

Roger Worth is Director, Public Affairs, Canadian Federation of Independent Business.

Juvenile Offenders to be Exposed to Penitentiary Life, Norton Announces

TORONTO – A pilot project designed to expose juvenile offenders to federal prison life was announced today by Keith C. Norton, Minister of Community and Social Services.

"The program – and I wish to emphasize its experimental and voluntary nature – will begin September 1 and involve groups of boys from Champlain Training School at Alfred and Brookside Training School in Cobourg," Mr. Norton said.

The Minister added that the program, called Save The Youth Now Group (STYNG), will involve visits to the federal penitentiary at Millhaven, near Kingston.

"I wish to thank the federal Department of the Solicitor General and inmates and authorities at Millhaven for cooperating in this program," Mr. Norton stated.

"We propose to proceed with the program on a six-month pilot basis. At that time, it will be assessed and on the basis of that evaluation, we will then decide whether to continue it or not."

Mr. Norton explained that the STYNG program was initiated last summer by the Ten Plus Fellowship, an inmate group at Millhaven Penitentiary, and developed with the assistance of ministry staff and officials of the Solicitor General's Department. Groups of young adult offenders have been going through this program since March, 1979.

The superintendents of Champlain and Brookside will select training school wards who might benefit from the program.

On a regular basis, a group of about eight boys from either of the training schools will be taken to Millhaven for a tour of the federal facility and discussion with the inmates.

"This is a voluntary effort," Mr. Norton stressed. "Once a boy has agreed to a visit, his parent or guardian will be asked to consent as well to the experience.

"Each visit will last approximately three hours. Following a tour of the penitentiary, the group will meet with inmates, who will outline in a candid way the realities and consequences of prison life."

Mr. Norton noted that the pilot project was modelled after a similar program carried out in Rahway Prison in New Jersey.

"We are proceeding with the program in a cautious way," the Minister said. "We obviously hope that the program will act as a deterrent to the young offenders who participate.

"We will not know how successful it has been until we have had a very thorough evaluation."

Gardeners' Questions on Pesticides Answered at Environment Ontario C.N.E. Display

Gardeners can direct their questions on the use of pesticides to specialists at the Environment Ontario display at the 1979 Canadian National Exhibition.

The Ministry's exhibit in the Horticulture Building will feature displays on the problems and control of common house and garden pests, such as carpenter ants, sow bugs, horn worms, termites and aquatic insects. Also featured will be a display on beneficial insects, the "good guys" of the insect world.

A variety of literature on pest-control will also be available. The Horticulture Building will be open during the regular C.N.E. hours, August 15 – September 3.

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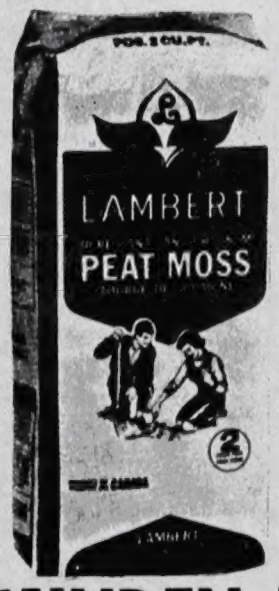

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The Highlands Express

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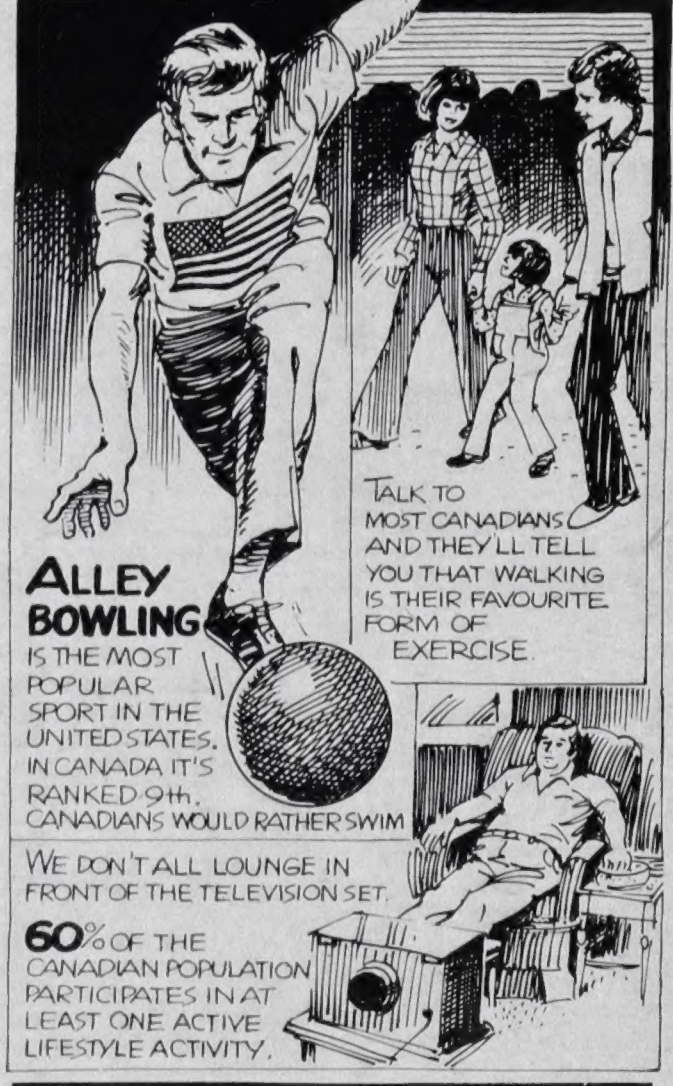

Thinking Slim

BY JEAN NIDETCH

What would you guess was the very first prepared food — ever?

If you said bread, congratulations. Even before the ancient Egyptians discovered that "flatbread" could be made to rise, people were eating this staple. In fact, bread was around in some form as far back as the Stone Age!

During the ages, it's been cherished and imbued with various special meanings. For instance, for thousands of years it was unthinkable to bury someone without including a portion of bread to see that "traveler" through to the next world.

In China, bread was looked on as a sacred gift and, back in Egypt, the custom was never to eat a slice without holding one hand out to offer a share to any passerby.

There was a time, too, when bread was used as a means of exchange, in place of dollars and cents. And in Mexico, the Aztecs revered it so much they fashioned dough into the shapes of the gods. Then they ate it in the hopes of taking on godly characteristics.

On the other hand, there were those civilizations which regarded bread as a downright menace! On an Estonian island called Oesel, there's an age-old tradition of never eating bread from a new harvest of wheat before first biting on a piece of iron. That's supposed to act as a safeguard against evil spirits lurking inside the bread.

In a way, that manner of looking on bread is still with us. How often have you heard — or said — "I'd love to lose weight but I can't bear the idea of giving up bread"?

Give up bread to lose weight? Preposterous! On our program, and other weight control programs as well, it's absolutely mandatory to eat a certain amount of bread every day. You're simply not allowed to give it up! Any good weight control program recognizes the need — in moderation — for most foods, for good nutrition. And, also, to prevent that dismal feeling of deprivation that dieters who follow limited-food programs often undergo. You and I well know the end result of that kind of deprivation: a full-blown binge and farewell to any weight loss up 'til then!'

So, my friend, if you're delaying the start of a weight control program because you're under the "no-bread" delusion — get rid of it.

Are you interested in the guidelines for a "prudent diet" resulting from the Senate Select Committee on Nutrition and Human Needs? Send a long self-addressed stamped envelope to WEIGHT CONTROL AND NUTRITION NEEDS: An important message for You and Your Family, Jean Nidetch, c/o this newspaper. The words NUTRITION NEEDS must appear on your envelope.

BAIT!

WORMS — MINNOWS — CRAWFISH — FROGS

SUN VALLEY RESORT

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286-2877

ONTARIO GOVERNMENT NOTICE

Highway 121

Notice of

Information Centre

The Ministry of Transportation and Communications intends to carry out improvements to Highway 121 from the junction of Highways 121 & 35 (Minden) easterly to Haliburton and from Haliburton easterly to the Dudley-Monmouth Township boundary (Loon Lake). The improvements include the resurfacing and minor reconstruction of Highway 121.

An information Centre is being held to afford adjacent property owners and the public an opportunity to discuss the proposed improvements with Ministry personnel.

Preliminary plans will be on display.

DATE: Thursday, Aug. 30, 1979

TIME: From 1:30 p.m. to 9 p.m.

PLACE: Haliburton Legion Hall, Mountain Street, Haliburton, Ontario

PLEASE PLAN TO ATTEND.

Ministry of Transportation and Communications

Ontario **UNIROYAL**

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286-2890

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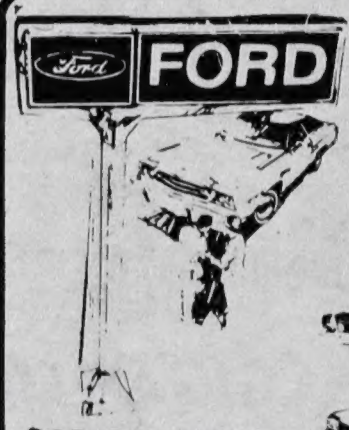

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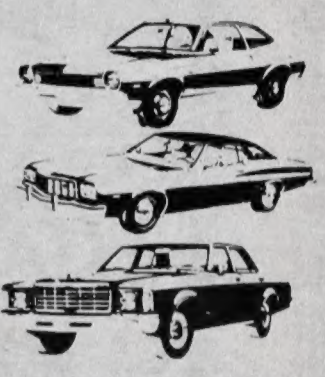

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PORK approximately 1 year old, reasonable in price.—286-1449. (33

1959 EVINRUDE, 50 hp V4 outboard. New prop, $100. as is. Call 754-2708. (31

Old fashion parlour table $50; 2 bow back chairs — $100. Call 286-2704. (31

1969 Ford RANGER, c/w 8 ft. camper, frig, stove, sink etc. Call 489-2924. (31

Humber boat and motor for sale, (35 hp) Phone 286-1752. (31

1971 FORD custom, 4 door 6 cyl. as is $300. and 1972 AMC Matador, 2 dr. as is. $400. Also a lawn mower. Call 286-1074. (31

15' CAMPER, with frigerator, stove, furnace, toilet & water tank, factory made, $2100. Will fit ½ or ¾ ton truck. Call Fred Olan 489-2318 after 6 pm. (31

SUPER SPECIAL
on Heather Torch from Burlington Carpets Color: Terra Cotta, size 12x14'9" (19.8 sq. yds.) reg. $375.00 Now $249.95. Wilson Electric Floor Covering, Jct. of Hwy's. 503 & 121 Phone 488-2359 (31

Old fashion furniture, dresser and chest of drawers—$75 each. Night table $25.00 Call 286-2704. (31

1 pair 7.75x14 Snowtires on Ford rims, call 286-1335.(31

REMNANT SPECIAL
Seneca Brookside Sand, 12x8. Reg. $95.40, now $79.95.
Plus many other carpet specials by Venture & Armstrong. Wilson Electric Floor Covering. Jct. 503 and 121, Kinmount. Phone 488-2359. (31

QUILTS FOR SALE — med. and large sizes. Call 489-2579 or see Mrs. Ben Harrison, St. Stephens Church Road. (32

Chest of drawers, 2 piece matching bedroom set, mat. & spring; 1 cast iron bed mat. & spring; 1 chrome chair and 2 French doors. Call 489-2023 after 6:00 pm. (32

CHAIN Set for dual wheel truck or tractor, $20; Cement wheel barrow with a rubber wheel, $25. Phone 766-2643. (33

WOOD burning cook stove, eye level oven, ex. con. also refrig, works good, cheap, call 457-2779. (32

1 used BOLENS 8 hp 28" rider tractor, like new, with electric start. Call at North Shore L. & Garden, 489-2489. (32

FLOOR COVERINGS
Clearout stock from disenfranchised distributor. Cushioned Vinyls—2nds of $13.50 line — **$4.95** sq. yd. Other cushioned vinyls from **$2.99** sq. yd. Wide selection, probably lowest prices in Canada. Broadlooms factory clear away below market prices. Come In, See and be happily convinced.
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1975 Camero 350, 2 barrel auto., type LT. Phone 286-2634. (33

Large Barbeque, complete with spit; 280 ft. 100 amp. underground wiring; party gown, size 15; 48" bed; 2 oil space heaters. Phone 286-2883. (33

16 foot BOAT with 30 h.p. Johnson MOTOR with controls, electric start in good condition, best offer. Phone 489-2036. (33

COTTAGE FOR SALE — Hall's Lake. 3 bedrooms, good frontage and beach. Reduced for quick sale — apply to Box "C" c/o The Express, R.R. 2, Minden, K0M 2K0. (32

30" Franklin STOVE, cast iron, complete with screen, like new $189. Telephone 754-2508. (32

Truck CAP, good con. with windows, screens. Also pr. or bucket seats, console bar gain. Call 457-2779. (32

VOLKSWAGON motor good con. call 457-2375. (32

Riding Lawn Mower, Cedar strip boat, 3 pt. hitch disc. Call 286-1939. (31

4 foot black wrought iron railing with posts. Call 754-2508. (32

HONEY, 4 lb. 3.75; 7 lb. 6.55, bulk .80c lb. Tel. 286-2907. (32

Cuthbert Raspberry Canes, 10 cents each. Phone 754-2073. (32

16 ft. Humber Craft boat with 55 hp Johnson motor, $1600. or it can be bought as pkg. deal with snowcruiser, 18 hp, electric start, 2 skidoo suits, ladies, men's reg. size. 2 pr. snow boots. & 1 sleigh for $2000. Call 457-2375. (32

6 Beagle Fox hound pupies, female, 6 wks old, $15. Call 754-2183. (32

HOME for sale, well treed lot, 4 bedrooms, all services Gelert 286-1483. (32

Utility Trailer, cedar boat & trailer, elec. stove, furniture. 286-1483. (32

Cocker Spanial puppies, 16 wks. old, CKC registered litter, shots, etc. $150. Call 286-2336. (32

ESPANA electric GUITAR, amp and mike, ex. condition, 286-1155. (34

Electric stove 24", good & clean condition. $25. Call 489-2020. (34

Walnut bed spring and mattress, $15. 286-2179. (34

Chesterfield & chair, gold $75; 2 matching dressers—$115 for both. Also a Garage sale, Sept. 1,2,3, 9:30 til 8 pm of dishes, 8 track tapes, ornaments, washstand, antique items etc at John Mains, 3 mi. East of Haliburton, hwy. 121. (34

FOR SALE OR RENT
2 bdrm. stucco house in Minden, broadloom, town water, corner lot, $33,000. $210 per mo. Phone 286-1057. (34

FOR RENT

1 bedroom apartment, carpet throughout, electric heat Carnarvon area. Available August 1st, $150 per month plus hydro. Telephone 489-2867. (34

Help Wanted

Clerical Stenographer
Applications will be accepted until Step. 14, 1979 by the Ministry of Natural Resources District Office at Minden, Ont. for a Clerical Stenographer position.
To be considered for this position, applicants must successfully complete a Civil Service Typing and Short hand test.
For further information or application forms please contact the Ministry of Natural Resources Minden District Office at 286-1521.

Coming Event

Hunters Horn Inn Gigantic Garage Sale, Sat & Sunday Sept. 15-16 at 10 am. until 5 in the lodge.Refreshments 457-1951. (34

FOR RENT

Basement Apartment for rent, 2 bedroom, separate entrance, 754-2447. (31

FOR RENT OR SALE
3 bedroom home with fireplace and full basement, 1 mile from public beach.—asking $34,900. Rent $280. plus heat and hydro. Phone 754-2954. (31

COMMUNITY CALENDAR

YARD & BARN SALE
Sept. 1-2, 10 am to 6 pm.
Located 3 miles north of Carnarvon across from gas (Shell) pumps. Buggy seat, wooden pump, elec. stove, piano stool, pine Hutch, pine blanket box, and a round pine table, pine corner shelf for plates, other items too numerous to mention. For more information call 489-2432. (32

You are invited to attend PRE-NATAL CLASSES.
Date: Sept. 5, 1979
Time: 7:30 p.m.
Place: Health Unit Office, Haliburton.
(Husbands welcome.) (32

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AUCTION SALE
Saturday, Sept. 1st, 11 am. From Hwy. 35 take 530 east at Carnarvon to Line 25, turn right to end of road and turn left. Continue on three quarters of a mile & watch for signs. Sale to be held at Woodland Ranch. Items to be auctioned are the property of Ray Woodward who is moving to the U.S.A. Round oak pedestal table, oak chairs, chesterfield and chairs and ottoman, antique dressers, coffee tables, end tables, reclining chair with viberator, Gerhard Heintzman piano, western style saddle, antique wardrobe, chesterfields 120 base accordian, lanterns, 4000 BTU air conditioner, bicycles, parlour tables, propane bar-b-que, bedroom suite, qty. old bottles, lamps chicken waters and feeders, 8 track tape player, 12 hp Elto outboard motor, 7 ft. 3 pt. hitch New Idea mower PTO manure spreader, 1968 wide track SnowCruiser — (reconditioner), Ski-Whiz snowmobile, skiing & hunting equipment, bridge set, electrical appliances, dishes, qty. firewood, qty. scrap iron, used lumber, 1964 Ford van, 6 cyl. (not certified), 1968 Thunderbird — (not certified), plus many more articles too numerous to mention. Lunch available. Also a spool bed, spool settee, 14' wooden boat, wooden wheels, Annex Woodstove.

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1.39

lunch savings

clip this valuable coupon

Squirrel peanut butter

1 kg jar **1.69**

available with this coupon only
coupon expires Saturday, Sept. 1, 1979

Bick's - assorted
dill pickles
32 fl. oz. jar
.89

lunch savings

Hostess - assorted
potato chips
200 gram pkg.
.69

assorted, in own juice
Palanda pineapple .63
19 fl. oz. tin

Swift Premium - Prem
luncheon meat 1.29
340 gram tin

Weston or Supreme hamburger or **hot dog rolls** pkg of 8 .49
Chef Boy-Ar-Dee **beef ravioli** 425 gram tin .69

drink savings

Hershey - instant
chocolate
800 gram cont.
1.99

returnable bottle
Coca-Cola 3/1.00
750 mL btl. + deposit

Maxwell House ground coffee 3.29
1 lb. bag

Sunpac unsweetened grapefruit, apple or **orange juice** 1 litre cont. .69

frozen concentrated pink or regular **Sunspun lemonade** 3/1.00
12 1/2 fl. oz. tin

apple flavoured **Allen's crystals** 3 x 3 1/4 oz. pkg. .79
assorted fruit flavoured **Quench crystals** 4 x 92 gram pkg. .99
Rich's frozen **coffee rich** 32 fl. oz. cont. .79

dinner savings

Stokely dark red or New Orleans style kidney beans, fancy peas, cream style corn, cut beans or
Van Camp beans with pork
12 to 14 fl. oz. tins each **.39**

meat savings

cut from Canada grade A beef
inside round steak lb. 2.28
Shopsy Funtastic **skinless wieners** 16 oz. pkg. 1.29
Boneless **Stew Beef** 1.88
Maple Leaf boneless cryovac **dinner hams** lb. 2.38
Swifts 6oz. pkg. **cooked ham** lb. .99
Maple Leaf **golden fry sausage** 16 oz. pkg. 1.88
tender, tasty, sliced **beef liver** lb. .98
Maple Leaf bologna, mac & cheese, chicken, dutch, pickle & pimento, luncheon or olive **lunch meats** 6 oz. pkg. .78

meat savings

cut from Canada grade "A" beef
boneless outside
lb **2.18**

boneless outside round steak roast **2.09**

for the barbecu
medium **ground beef** lb. 1.78

cut from Canada grade "A" beef
boneless rump roast lb. 2.18

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BONANZA SALE CONTINUES
see last week's ad

SOUTH BEND
FISHING REEL
mfg. sugg. 29.95
now 7.99

All School Binders
50% OFF
mfg. sugg.

Dad's Cookies
450g—super value
.99 pkg.

family & home care savings

Close Up **tooth paste** 100 mL tube .99

Kleenex facial tissue pkg. of 200 .75

Kleenex boutique **paper towels** 2 roll pkg. 1.19
Kleenex boutique **napkins** pkg of 150 1.29
bathroom tissue **Cottonelle** 4 roll pkg 1.25
Punch powdered **detergent** 6 litre box 2.99
dry or normal **Halo shampoo** 225 mL cont 1.29
vaseline **Intensive Care lotion** 200mL cont 1.19
Listerine antiseptic **mouthwash** 500 mL btl 1.69

grocery savings

Nabisco **Shreddies cereal** 675 gram size .99

Total Diet dog food 8 kg pkg. 6.99

Rowntree assorted multi pack **candy bars** 4 x reg .89
Old Tyme **table syrup** 750 mL btle 1.29
Post cereal **Alpha Bits** 450 gram pkg 1.19
Aunt Jemima frozen **waffles** 10 oz pkg .69

dinner savings

Betty Crocker, Super Moist cake mix 510 gram pkg. .79

elbow macaroni or **Lancia spaghetti** 2 lb pkg .95
Bravo plain **spaghetti sauce** 28 fl. oz. tin .89
pieces & stems **Leaver mushrooms** 10 fl. oz. tin .79
assorted frozen **Savarin dinners** 11 oz pkg .99

produce savings

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CABBAGE
2 for .49

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ORANGES
doz. 1.49

California
NECTARINES
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